

Nurse's Corner

Spirit Lake Community Schools

Spirit Lake School Nurses are committed to promoting the health and well-being of all students so that they may achieve academic success and develop lifelong healthy habits!

Hygiene

Good personal hygiene plays a critical role in promoting a positive self-image and developing lifelong healthy habits.... Being clean and taking care of your body is part of being healthy.

According to the American Academy of Pediatrics, hormonal changes are the biggest cause of body odor for both boys and girls between the ages of 8-14. Other factors contributing to body odor at any age include sweat, failure to bathe regularly, dirty clothing and bedding, shoes worn without socks, poor toileting habits, bad breath from lack of teeth brushing, and prolonged exposure to secondhand smoke. Body odor creates an unpleasant learning environment for both students and staff alike and may negatively impact a student's confidence and self-image.

Personal hygiene is a set of skills that need to be taught to children. We are asking for your help by teaching and reminding your child to:

- Wipe from front to back after going to the bathroom.
- Wash hands every time after going to the bathroom.
- Wear clean underwear everyday.
- Wear clean clothes everyday and put on socks with their sneakers.
- Take a bath or shower every day if your child is in middle school or high school. Elementary children should bathe at least every other day. Teach your child how to wash their hair and effectively wash their skin (especially the groin area).
- Brush their teeth 2 times every day.
- Comb and brush their hair every day.
- Keep fingernails and toenails trimmed and clean.
- Wash hands before eating.
- Wear deodorant (if age appropriate/applicable).

The refusal to bathe or take care of oneself may be a sign of a mental health concern in adolescents and young adults. Please reach out to your health care provider to discuss if you are consistently noticing this.

If access to a shower for bathing, or clean clothing, or personal products is a concern and barrier to good hygiene for your child, please do not hesitate to reach out to your school counselors (Mrs. Johnson, Mrs. Dielschnieder, Mrs. Nelson or Ms. Eekhoff) or your school nurses for assistance. We are here to help!

If you have any questions, please contact the school nurses:

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